



Live smart

Flameless food

Stage

6

60+ mins



Skills builder



Aim of activity

Get your chef hat on and cook up a treat. You might not have everything you need, but don't let that stop you – you have some ravenous friends to feed!

What you'll get out of it

- Solve problems.
- Prepare a meal.
- Manage your time.
- Use utensils.

What you'll need

- Food to cook (see Menu ideas box)
- Cooking utensils
- Washing-up equipment
- Oven gloves
- Pot holds
- Access to a fridge
- Access to a kettle
- Access to a sink
- Access to a microwave (optional)



WE DISCOVER, WE GROW

Girlguiding



Live smart

Stay safe - knife safety



- Always direct the knife away from your body when cutting.
- Always use a chopping board.
- Always hold on firmly to what you're cutting.
- Keep your fingers away from the blade.
- If you drop the knife, don't try to catch it. Step back and pick it up once it's landed.

Note to leader

Check girls' allergies and dietary requirements and plan accordingly. Make sure there's adult supervision at all times. This activity works best when split into two parts: planning and cooking.

So you've invited your friends over for dinner – but an hour before they're due to arrive, the oven and stove break down! Can you still cook up a two-course gourmet meal even when you don't have the right tools or ingredients? Have a go with this dinner-time challenge!

Menu ideas

- | | |
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| • Noodles | • Buttered potatoes |
| • Soup | • Sandwiches, wraps, burritos or tortillas |
| • Salad | • Honey tea |
| • Poached or hardboiled egg | • Milkshake |
| • Dips or salsas | • Fruit juice |
| • Coleslaw | • Cheesecake |
| • Fish ('cooked' in lime or lemon juice) | • Chocolate truffles |
| • Rice | • Banana pudding |
| • Couscous | • Chocolate cornflake cakes |
| • Crab rolls | • Berry parfait |
| • Cheesy gazpacho | • Fruit yoghurt |

What to do

- 1 Get into small groups and find a workspace. Even though the oven's broken, your fridge and kettle work fine. Have a look at the ingredients and utensils available and think about what you can make. Bear in mind that:
 - One of your friends is vegetarian.
 - One of your friends hates cold food.
 - All your friends love sweet food.

- 2 In your group, think about a menu that will make everyone happy. Look at the Menu ideas box for inspiration. Once you've decided, plan out how you can safely create your meal. Will you have time to get everything done?

Top tip

If you're going to make a cold dessert, make sure it has enough time to set in the fridge. Nobody likes watery jelly!

- 3 Ready to get started? Check your work surface is clean, tie long hair back and wash your hands. Remember, your friends will be arriving in exactly one hour – get cracking!

- 4 Once you've finished cooking, think about how you're going to display your food to make it look as delicious as possible. Presentation is key!

- 5 Look at everyone else's dishes and talk together about the challenges you faced. How did you overcome them? Do you feel confident you could whip up an impromptu meal at home?